



The Clatsop Column

Volume I, Issue 3

Monday, June 1, 1992

At Last... Graduation

By Tami Stamper
C.C.C. Student

Graduation time is almost here. Just under 100 people have completed a one year certificate, two year degree, or the high school completion program. About 85 of these students will walk the stage in the graduation ceremony on Friday, June 12. The ceremony will be held at Astoria High School from eight to nine p.m., with a reception immediately following.

Chairperson, Kurt Schneider, from Clatsop Community College board of directors, will hand out the diplomas. The guest speaker this year will be Portland State University president, Judith Ra Maley. The North Coast Symphonic Band will play the traditional piece.

The student with the highest G.P.A. will lead the procession of students. The identity of the student is still unannounced.

Photographs and a videotape will be made available at graduation. Allan McMakin from Accent Studios in Warrenton will be the graduation photographer and Bob Dunton will produce the video. Further information is available in the ASBI office.

A reception, including cake and punch, will be held in the high school cafeteria immediately following the ceremony. An ASBI party follows at the Red Lion Inn. An alumni directory, produced

bi-annually by the ASBI office, will list all graduates and their addresses. Contact ASBI for further information about this directory.

Valerie Crites, recipient of a two year degree, was awarded Scholar of the Year by a committee of instructors. This award is given out to students for their G.P.A.'s, and their benefit to the school and community.

Crites is a member of Phi Theta Kappa who will graduate with high honors. High honor students are those graduating with a cumulative G.P.A. of 3.75-4.0 and honor students are those students graduating with a cumulative G.P.A. of 3.5-3.74.

Crites has a full tuition scholarship to Eastern Oregon State College, where she plans to study pre-med. Crites wakes up each morning with three kids and a dream to be a family doctor."

Clatsop is where I 'found myself'," she said. "I never would have dreamed of this without the help and encouragement of my instructors.

"Tamara Walker is graduating with honors and is also a member of Phi Theta Kappa. This will be her second associate's degree. Her first, which she received last year, was an Associate in Applied Science in office technology. Her second is an Associate in Liberal Arts. Walker has attended Clatsop part-time for 21 terms and says, "I feel special here." She would like to attend Marylhurst College. Walker is considering further education in liberal arts and the possibility of a teaching career.

Tassel Colors Show Honors

Candidates for graduation, whether for adult high school diploma, one-year certificate or two-year associate degree, wear green robes, signifying graduation from Clatsop Community College. In addition, associate degree candidates wear gold and white hoods. White tassels worn by associate degree candidates identify honors students, whose grade-point average is between A and B for all college work. High honors, for students who have earned an A average, is indicated by both a gold tassel and a gold cord. The red cords designate past and present graduates who have served as officers in the Associated Student Body Inc. (ASBI).

Below is a list of all Honors and High Honors candidates for this year's graduation ceremony.

High Honors Students

(Gold Tassels and Cords)

Barbara Craft *
Valeri Crites *
Shelley Daulton (2 Degrees)
Jonathan Hay
Linda Hensley *
Serena Johnson *
Hiroyuki Matsuyama *
Charlotte Salsibury
Lori Fanony Scott *
Michelle Standridge *

Honors Students

(White Tassels)

Mary Bowers *
Susan Boyovich
Amy Burg *
Angela Owens-Sidlo *
Monica Smith *
Nathaniel Stethem
Timothy Timonen *
Tamara Walker *
Kim Werst

* Signifies Phi Theta Kappa membership.

Grad Party To Be "Elegant"

By Tami Stamper
C.C.C. Student

"This year's graduation party, sponsored by the ASBI, will be the most elaborate celebration ever put on by the school", says Pat Murphy, ASBI coordinator.

The party will be held in the banquet rooms of the Red Lion Inn in Astoria. It will begin at nine p.m. and will end at one a.m. on Friday, June 12. Fair Game, a Portland band, has been hired to perform. They will play both "classic" and "mainstream" rock music. There will also be a quiet room for conversation and family socializing.

The theme of the party is "Phantom of the Opera" and the colors are red, black and white. ASBI has invited all graduates and their guests to attend. The party is open to all ages. Affordable drinks will be served in the room with the band. Alcohol will be served only to those 21 years of age and older. There will be a designated driver service provided by ASBI.

The party is to be an elegant celebration. There will be a baron of beef as well as catering trays stocked with party food. The party is completely free except for the cost of drinks.

From Student to Nurse

By Greg Miner
CCC Student

No group is as conspicuous and shrouded in mystery as the student nurses who huddle at the end of second floor Towler Hall. These people gather with the single ultimate purpose of gaining acceptance into the realm of nursedom. What is their experience like? I am one of them, so let me tell you.

As nursing students, learning new techniques, we often find ourselves as fumblers and bumblerers, and we earnestly hope we're compensating through our genuine concern and our care. The impact we make often seems subtle, unnoticed, or worse, unappreciated. But we find our perks: a patient smiles when we walk into her room; her discomfort is relieved by our interventions; we acknowledge ourselves when we perform ably.

The clinical experience is our "baptism of fire". Often we make mistakes; some we can look back at and laugh. Here are some instances. Sometimes we become so focused on protocol we miss the big picture, as when Mortimer diligently log-rolled his patient back and forth on his bed in order to apply clean sheets, only remembering once he was done that his patient was fully capable of sitting in a chair. Other times we're clumsy, like the time Jesebelle hoyerlifted (a swinging trapeze) her patient high enough that the client's foot swung neatly over her neighboring patient's breakfast tray, perhaps adding some unwelcome seasoning.

Our embarrassment can affect our work as well, as when I was to give a buttocks injection into a female ten years my junior. Feeling awkward, I attempted to site the needle between the open weave of her maternity panties rather than risk the ticklish prospect of pulling them down to her hips.

Fortunately, our patients can be a source of amusement, like when Edwina carefully prepared a male patient for a catheter. To afford him privacy, she placed a cover with an appropriate hole over him. His confused response was to pick up the drape and calmly blow his nose with it.

The hurdles to being a nurse seem plentiful and the profession constantly forces us to face a hierarchy of tragedies from incontinence to a sad death. With each we're expected to perform with compassion and expertise. We do a lot of "mini"

graduations as we pass from bedpan duty to deep muscular injections only to be faced with an IV start or the larger challenge of pushing a tube through a patient's nostril and into their stomach. With each successful intervention we leave a small piece of fear behind, supplanted by an increased sense of our own capability. Imperceptibly we change and our expectations of ourselves change with us. We become nurses.

What She Gave

She gave me life
She gave me clothes
She gave me shelter
She kissed my small nose.
She gave me a father
She gave me a brother
Then nine years later
She gave me another.
She gave me herself, as
You can see, in which no other,
Will there ever be.
She gave me her courage
She gave me her mind
She gave me her strength
And a will to survive.
To someone who has given
So much in her life, how
Does one's daughter give back
Such a warm light.
Of hopes and dreams and
Brighter tomorrows; and to turn our
Backs on yesterday's sorrows.
I love you Mom.

Angela, 9

The Clatsop Column

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Back to School... Clatsop Style

By Anne Riley
C.C.C. Student

How many times have I heard this? "You'd be perfect for the job, but without a degree we can't interview you"? My decision to return to school was based on those words. After much soul searching and late night discussions, my husband and I decided that this was the perfect opportunity for me to finish college. I was excited to discover that CCC offered classes which would fit the degree completion program I chose.

My Clatsop advisor encouraged me to get my associate's degree while I was completing my bachelor's and I found that I could utilize most of my previous college credits toward my Associate in General Studies (which I will receive this June).

For many years my dream had been to finish school, but it was always just out of my reach; my job and family came first. Deciding to return to school and pursue my dream was simultaneously exhilarating and frightening! Could I make it? It had been ten years since I was in college.

Doubts and fears are like clouds; they only look foreboding. If you want to get an education, the people here will help you do it. I'm happy to say that the encouragement and support from the instructors and staff made my transition back to college an easy step to take. My classes challenge me to stretch intellectually. My classmates are friendly and I feel accepted. I'm proud that CCC is a part of our community, because it reflects our hopes and dreams. Our lives are enhanced by the quality and variety of courses offered, by the extra-curricular activities, by the atmosphere of learning. CCC is a great place to begin or to start over. I'm glad I did.

C⁵ - Sharing Ideas

By Alex Miller
C.C.C. Student

C⁵ is a new college student discussion club: Clatsop Community College Cognitive Club. The club purpose can vary from individual to individual and from meeting to meeting. From my personal standpoint, C⁵ is for participation in our society, personal growth, education, and enjoyment. I believe that one's responsibility is not to the larger

society such as America, but to the smaller society such as the family, city, and in our case, the college. Our ability to participate and influence the larger society is small, but our ability to influence the smaller society is large.

It is common to look at the larger society and think of all of its problems and create solutions in one's mind that cannot be carried out, but it is very uncommon to look at ourselves and our immediate society and create solutions to any problems that exist and then to try and follow through on these solutions.

Evaluating oneself is a large part of personal growth. Hearing others' opinions and the reasons for those opinions gives us something to compare our own opinions with and helps our self-examination. The difficulty with most of the opinions we hear is that we usually don't get to hear the reasons for those opinions or get the opportunity to challenge them so that we can evaluate their strengths and weaknesses. C⁵ encourages people to express their ideas and beliefs and to respond positively to those of others.

There is always a lot to learn from listening to others. They often have concepts that are new and valuable; everyone has something to contribute. It's very satisfying to me to share ideas; that's my main reason for starting C⁵. But C⁵ is not just what I make of it. Everyone at Clatsop can shape it in the image of their own interests.

CHAOS by Brian Shuster



Oscar Winner

Essay by Michael Alderman

You may not recognize the name Debra Chasnoff, but if you watched the Academy Awards ceremony on March 30, you saw her receive the Oscar for best Documentary Short-Subject. You also heard her exclaim, "Boycott G.E.!" at the conclusion of her acceptance speech, words which hold more relevance for you than you might think.

The name of Chasnoff's film is Deadly Deception: General Electric, Nuclear Weapons & Our Environment, and I guarantee that after you see it you will understand her passion.

It took guts to personally attack one of the world's most powerful corporations in front of a million TV viewers, many of whom were watching on RCA television sets or eating dinners cooked on Hotpoint stoves, both G.E. subsidiaries. And the fact that the Academy chose to award her with the Oscar is a statement in itself.

The Clatsop College Library obtained a copy of the film several months ago and urges you to check it out, as it contains information which you, as Pacific Northwest residents, may find interesting. Following are some claims documented in the film.

The Columbia River is most radioactive river in the world, thanks to G.E.'s mismanagement of the Hanford Nuclear Facility.

In southeast Washington State, on a one-mile stretch of road downwind of Hanford, 27 out of 28 resident families have reported incidents of cancer or birth defects. In 1949, G.E. secretly released radiation into our air and water in amounts totalling more than 500 times that of the Three Mile Island accident. The estimated cost of cleaning up Hanford is \$60 billion, all of which is coming out of your pocket because G.E. refuses to accept any responsibility. The campaign to boycott G.E. actually began in 1986, but it's no accident that you've probably never heard of it. General Electric owns NBC and is a major sponser on the other networks as well as CNN and print advertising. Chances are, if you obtain information only from mainstream media sources, you never will hear of it. Come to the library and view the 30-minute video and, while you're there, check out William Greider's article in the April 16 issue of Rolling Stone Magazine about the power G.E. wields over your President and elected officials. Shocking and infuriating, they might just alter your perception of the company that "brings good things to life."

Student Deaths Affect the Campus

By Cynthia Kotaniemi
Column Staff

The deaths of Clatsop students Honour Lavis and Margaret Navarro, in an automobile accident on April 19, were a shock to the whole community, and the campus especially felt their loss. Many people were affected, from Honour and Margaret's good friends, to their teachers and classmates, to those who had simply seen Honour and Margaret around campus and couldn't help noticing them. Most of us felt something, if only a sense of shame for young lives, just beginning, taken so tragically by accident.

A support group was organized for friends and classmates of Honour and Margaret and of Mark Puffinburger, who was injured in the accident. Many students attended to talk about the occurrence, about their feelings and to just be together to confirm existence.

A card was provided for students to sign who wanted to extend sympathy to Honour and Margaret's families, but who wouldn't have sent a personal card on their own.

Some classes were cancelled and many students were released early or took class time off to attend the double funeral at St. Mary's Catholic Church on April 22. These students, along with family, friends and acquaintances of Honour and Margaret filled the church, its stairs and surrounding sidewalks to show their affection for the girls. As the pastor spoke he reminded us of two beautiful young ladies - their radiant smiles and cheerfulness.

During the following week small groups of friends went to a wooden cross and ribbons at the scene of the accident. They taped notes to the cross and just looked at the trees and the water where Honour and Margaret had lost their lives.

At the time of this writing, Mark was reported to be out of the hospital.

Our Own Dream Car

By Jason Cobb
Column Staff

She was beautiful - streamlined and aerodynamic, with smooth, flowing curves. Fresh and perfect (except for a dent on her top) she painted a picture that took my breath away. I had already found out that others like her (without the dent) were worth approximately twenty-six thousand dollars.

"She" is a car - a sky blue, 1992 Olds '88 that was donated to C.C.C.'s Automotive Department by the General Motors Company. "The car was damaged in shipping and, because it could not be sold in that condition, was donated to us as a teaching aide.", said Don Fisher, our Automotive Instructor here at Clatsop. The Olds' has a fuel injected V6 engine, anti-lock brakes, air conditioning, power "everything", and a drivers side air bag.

Unfortunately, most of these goodies will never be put to use. One of the conditions under which the car was donated is that "it can never be licensed, insured, or driven on the open road", said Fisher. Fisher also went on to say "no part of the car can ever be used on the road...when we're finished with it, it must be completely destroyed."

CHAOS by Brian Shuster



As he read the Headline in horror, Larry knew that now he'd HAVE to take Bertha to the prom.

When sitting in the "cock-pit" of this amazingly high-tech and plush automobile I noticed that the odometer showed a reading of over twelve hundred and fifty miles driven. Someone must be driving an awful lot of laps around the shop, Mr. Fisher. Hmmmmmm...

On Her Way Up

By Cynthia Kotaniemi
Column Staff

Kimberly Kile, a first year student and Theater Arts major here at Clatsop, was recently accepted to the American Musical and Dramatic Academy (AMDA) in Manhattan, New York.

Kimberly was stunned to hear of her success. She states: "I cannot believe that I was accepted to the American Musical and Dramatic Academy in New York! I keep expecting a phone call from the AMDA apologizing and explaining that it was all a mistake".

Auditions for admission to the school, for students in the Western United States, were held in Los Angeles, California on March 14. Out of 1100 eager performers, Kimberly was one of two hundred people accepted to the school. Kimberly has been taking all of the theater and dance classes available at Clatsop. Attending a school that specializes in teaching musical theater is a dream come true for Kimberly, who wants to focus entirely on dancing, singing and acting. "I had to get this" she explains. "I didn't think I'd be accepted this year, but I planned to keep trying - until I was forty years old if necessary, and still living at home."

Kimberly's dream is "to be on stage; preferably with a touring company". She'll have a good chance; AMDA graduates have earned roles in live productions such as Chorus Line, Cats, Les Miserables, Gypsy, 42nd Street and Little Shop of Horrors, to name a few.

Kimberly looks forward to moving to Manhattan; she will leave to begin the summer term on July 6th. She particularly looks forward to "Shakespeare in the Park" and "meeting many new and different kinds of people". Though the thought of living in the big city and the culture shock has her crying "mommy", as she sang in her winning audition, "Here's one local girl who's bent on making good".

Dear Ava and Arnold: I would like to develop more healthy eating habits - I'd like to eat whole foods and more natural and clean foods, but there is endless temptation everywhere. Signed, Weak in Astoria.

Arnold: Dear Weak. Get organized! Plan an efficient meal schedule on your personal computer and stick to it! You're pathetic!

Ava: Dear Weak in Astoria, Your intentions are admirable. Check out some books or magazines, at the library, that contain information on nutrition or eating habits, maybe even recipes. Check out The Community Store at: 1389 Duane Street in Astoria. It specializes in organic and whole foods. You may want to consider planting a garden, so that you can control what happens to some of your food. The possibilities are endless.

Dear Ava and Arnold: Why do women only want to be just friends with me and nothing more? I don't think I'm that bad of a guy. I get lonely sometimes and wouldn't mind having a girlfriend. Is there something really wrong with me that I don't see? Signed, What's wrong?

Ava: Dear What's Wrong? A good friendship should come before a serious relationship. If your just looking for a girlfriend you will never get to know the girl. I am sure there is nothing wrong with you, you are probably a great friend and some woman will come to love that.

Arnold: Dear What's Wrong? Yeah, I've got the same problem. Girls just don't know what they want. Get a good computer and give your love and attention to her.

Dear Ava and Arnold: I'm a little over forty and have returned to school. My wardrobe is bare. I have been wearing what I could pull out of my ex- husband's closet when I left. Now, everytime I look in the mirror I think of him. I squeezed into my eleven year old daughter's baggiest tee shirt, but she wouldn't let me wear it out of the house. I only have fifteen dollars a month in my budget to spend on clothes. My ex-husband wants his clothes back. I want to look better. Can you help? Signed, Doesn't Fit

Ava: Dear Doesn't Fit, Give your ex-husband his clothing back and take your fifteen dollars on a shopping spree. The Coastal Rehabilitation Thrift Store is a great

place to find bargains on gems of good quality clothing that lurk beneath a dingy appearance. Rummage sales are great for this as well. In order to be well dressed, according to CHEAP CHIC magazine, the gracefully matured woman needs these six items: a silk blouse; a good pair of boots; a good leather belt; a tailored jacket; a good handbag; a pair of jeans. Take your time, shop carefully and you will look and feel great!

Arnold: Clothing is silly and superficial. Who cares what you wear! What matters is how smart you are!

Dear Ava and Arnold: I'm having a real hard time balancing my work, school and family life. My family

never sees me. When I am home I've got tons of homework. Please give me some suggestions on balancing my life. Signed, Out of Balance
Arnold: Dear Out of Balance, There is no logical reason why you cannot work all of that and more into your schedule. Plan your time and don't spend precious time on the less important stuff like sappy family time - yuck! Shut your office door and enjoy your homework!

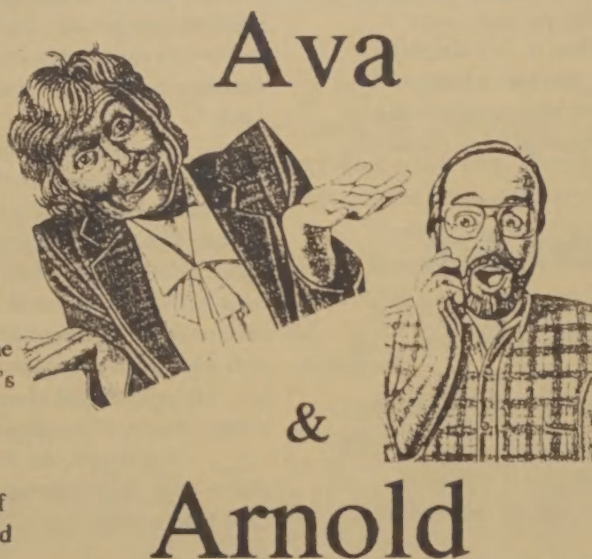
Ava: Dear Out of Balance, This is a common problem with students returning to school. Ease up on yourself and even if it doesn't seem possible, take a day off. Make plans to spend a relaxing day with your family or even (heaven forbid) by

yourself. Don't worry, the world will not end because of something you've neglected. You will be surprised at how much more you can accomplish after a restful day.

Dear Ava and Arnold: I just can't take it anymore! Just when the homework piles up and finals are right around the corner, something disastrous happens to me at home. I have spent the last year juggling my classes and my home life and I can't take it anymore! Signed, Desperate.

Arnold: It seems to me that you are going to have to make a decision about what is more important to you. Start concentrating on your school work. It will keep you busy and you won't have time to worry about your family and friends.

Ava: Dear Desperate, You are not alone. The best advice that I can give to you is: Don't quit school. Talk about the extra stress you are experiencing with friends and your family. If they are not available, the college offers free



counseling services in Student Services located on the second floor of Towler Hall.

Dear Ava and Arnold: My cousin and I are two golden age bachelors living in a comfortable beach cottage in Gearhart. Our dilemma: the fact that our books are in dire need of dusting and the two of us dread cooking duty. Do you have any suggestions short of double matrimony? Signed, The Golden Gearhart Gents.

Ava: Dear Golden Gearhart Gents, You might post a notice at the college offering to hire a student to do your dirty work for a couple of hours a week. This would be inexpensive for you and a real help to a struggling college student. I suggest you take turns. Flip a coin to determine who will start.

Arnold: Dear Golden Gearhart Gents, What kind of books do you have? I may be interested in dusting them. As for the cooking and cleaning, just plan a schedule - pin it to a wall and follow it. It's simple. Or just hire someone to do it all for you; plan a budget. You guys are hopeless! I'll bet you couldn't operate a decent personal computer if your life depended on it! I quit this moronic column!

And The Winners Are...

Elections were held on May 4th and 5th in the cafeteria. Mary Beth Reed is our newly elected president and Mike Fitch is Vice-President.

Reed ran on a platform of involving students in college issues and encouraging them to work with the administration. This philosophy is aimed at better serving the educational needs of students at Clatsop.

According to Reed, "The first thing I plan to do is get more students involved with ASBI so that we can better represent the students and help them with what is on their minds".

To do this, she says, "I intend to work closely with my fellow officers in a team effort and to interact with my fellow students. I hope that I can help the students realize what the ASBI has done for them in the past and what, with their help, it is capable of doing".

She is also concerned with bringing some of the community services to the college campus. Some examples include free legal advice and use of the Women's Crisis Hotline.

Our new Vice-President, Mike Fitch, says, "I would like to get more students involved in local activities as well as in college affairs". One of his ideas is to see more students working in the

activities department and for students to come to him with more ideas about activities they would like. He hopes they will show a willingness to work with him to bring the activities into effect.

The Clatsop Column offers their congratulations to all new officers and we look forward to working with them in the coming year.

Time To Relax

By Jo Bagely
Column Staff

Ann Baldwin was having her neck massaged while being interviewed. That's normal for the class she teaches. In her "Massage for Relaxation" class the students practice on each other and her. In fact, she says that's why she teaches the class every quarter of the academic year. But she says, "It's also because I love my trade."

Ann trained under Pricilla Banard and others in Portland. She passed her state board exams and was certified in 1980. Ann has an office in Astoria and is in Seaside once a week. Each week's class addresses a different area of the body. The first class was spent on neck and shoulders. Ann showed the class the different strokes and pressure points, as she massaged this writer's stiff neck. Our next class was on feet, then backs and so on. All together, the class is an overview of the 300 hour course required for a massage license.

Jim Pippo, the student who was massaging Ann's neck during the interview, said, "this is the fifth time I have taken Ann's class. I guess this speaks for itself."

Billie Pierce, another student, says, "I think everyone should try it. I'm going to take it again next fall". Billie is a graduate from Portland East-West Academy of Massage (about twenty years ago). She thinks the classes are very relaxing and she is also responsible for three of her friends from Washington taking the class. Billie says she gave her friends, Shirley Findly, Kathy Kary, and Wanda Wilds, a massage and they were "hooked". To take her class, they travel from their homes in Long Beach and Ocean Park, Washington, together.

Terry Vessy, full time employee at the local Safeway Store, is also in Ann's class. Terry says, "I can't figure a more relaxing way to spend a Monday evening. She joked, "Sure beats a hard bar stool." "I plan to be back next fall."

This reporter plans to be back next fall also. The class reduces my stress level and greatly improves my recurring stiff neck. If you want the same treatment for your sore spots, maybe I'll see you there.